



## STAR SPANGLED SWIRL

A summer favorite! This decadent whole grain bread is full of blueberries, tart cherries, apples, and cranberries. With a swirl of brown sugar and cinnamon, this bread is an explosion of flavors for your palette!

### Everyday Breads and Goodies:

Honey Whole Wheat  
Farmhouse White  
Dakota

Extreme Cinnamon Swirl  
Golden Wheat Cinnamon Chip  
Pumpkin Chocolate Chip  
Whole Grain Cinnamon Rolls



# Hot Fresh Bread Handcrafted Every Day!

## July Bread and Goodies Menu

### MONDAY BREADS AND GOODIES

Mexican Chocolate Teacake · Rosemary Garlic · Whole Grain Spelt · High Protein/Lo Carb Country Crunch · Blueberry Vegan Muffin · Cranberry Orange Scone · Blackberry Peach Savannah Bar · Salted Caramel Cookie · Oatmeal Chocolate Chip Cookie

### TUESDAY BREADS AND GOODIES

Lemon Blueberry · GlutenX Bread · Gourmet Burger Buns · Cheddar Garlic with or w/out Jalapenos · Cranberry Orange Pecan · Cherry Chocolate Vegan Muffin · GlutenX Muffin · Red, White, Blue Scone · GlutenX Almond Sugar Cookie · Ginger Snap Cookie · Chocolate Bliss Cookie

### WEDNESDAY BREADS AND GOODIES

Star Spangled Swirl · Hi Protein/Lo Carb Country Crunch · Pepperoni or Spinach Roll · Apple Cinnamon Vegan Muffin · Blueberry Cream Cheese Scone · S'Mores Bar · Old Fashioned Chocolate Chip Cookie

### THURSDAY BREADS AND GOODIES

Mexican Chocolate Teacake · Cranberry Orange Pecan · Rosemary Garlic · Savory Herb Muffin · Peach Cobbler Scone · Blueberry Savannah Bar · Peanut Butter Chocolate Chip Cookie · Snickerdoodle

### FRIDAY BREADS AND GOODIES

Star Spangled Swirl · Cheddar Garlic w or w/o Jalapenos · Gourmet Burger Buns · GlutenX Bread · Pepperoni or Spinach Roll · Challah · Blueberry Vegan Muffin · GlutenX Muffin · Ham and Cheese Biscuit · Cinnamon Chip Scone · S'Mores Bar · Cini-Minis · Salted Caramel Cookie · GlutenX Chocolate Chip Cookie ·

### SATURDAY BREADS AND GOODIES

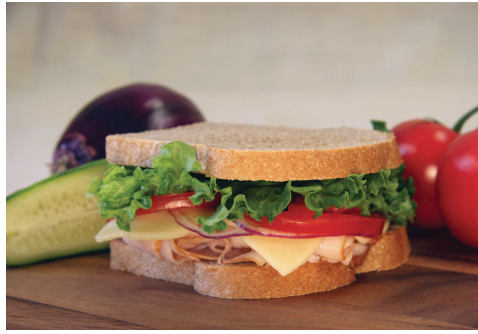
Blueberry Delight · Rosemary Garlic · High 5 Fiber with or w/out Apricot · Baker's Surprise Muffin · Blueberry Cream Cheese Scone · Cini-Minis · Oatmeal Chocolate Chip Cookie

1240 NW Maynard Rd. Cary, NC 27513  
(919)460-8158  
[www.GreatHarvestCary.com](http://www.GreatHarvestCary.com)

Hours: M - F: 7 a.m. to 6 p.m. and Sat: 7 a.m. to 5 p.m.  
Sandwiches are served from 11am-close

## NEED A LUNCH TO GO?

Have you had our sandwiches or salads yet? Each sandwich or salad is made to order with the freshest ingredients and can make a great lunch for an outing at the pool, dinner at the T-Ball game, or in the cooler while you hike!



*Try our sandwiches while you are on the go this summer! Quick and easy, call ahead and we will have it ready for you!*

## GRILLING BREAD

Four Easy Steps:

1. Cut your favorite Great Harvest Bread 1 inch thick.
2. Brush both sides with olive oil.
3. Adjust grill to low or medium heat.
4. Grill each side lightly - for best results just long enough to get toasty!

Dakota, Spinach Feta, and Cheddar Garlic are some of our favorites for grilling!



*Grilled Cheddar Garlic Bread. Great with a fresh salad and grilled steak/ chicken for a quick summer meal!*

## A TREAT FOR THE HEAT!

What's better than a cool ice cream sandwich on a hot July day? Our bakery favorite Old Fashioned Chocolate Chip cookie is now paired with vanilla bean ice cream for a summer treat that everyone can enjoy!



*Bread. The way it ought to be.*



*Introducing Great Harvest Ice Cream Sandwiches this month. Made from our famous cheny Old Fashioned Chocolate Chip Cookies.*



We are having a great time this summer at 3 local Farmers' Markets! It is great to be a part of the local food movement. Join us Saturday mornings at the following locations:

Downtown Apex Farmers' Market  
Holly Spring Farmers' Market  
Western Wake Farmers' Market.

Eat Fresh, Buy Local!

## BAG IT, STORE IT, WARM IT

### *Our bread will stay fresh!*

Great Harvest bread will stay fresh at least 7 - 10 days, if stored properly. Once it is cool to your wrist (about 2 hours), place in a plastic bag, press out the extra air, twist, and tie with a twist tie. Bagging the bread before it cools down impacts the texture negatively!

### *Don't put bread in the fridge.*

This will cause the honey to crystallize and dry out your bread. However, if your bread contains cheese or meat, it will need to be refrigerated within 24 hours of purchase.

### *Our bread freezes nicely!*

Double bagging helps to prevent freezer burn, but it's best to wait 24 hours after purchasing to freeze. To thaw, set bagged bread on the counter for 24 hours.

### *Want a warm slice of bread?*

Simply toast or re-heat in the oven! Wrap it in foil, and place it in the oven at 350° for 15 minutes. You should never put our bread in the microwave; it will become hard and gummy.

### *Want a warm slice of bread?*



BE loose and  
have FUN!

Bake *phenomenal*  
bread.

Run fast  
to serve others.

&GIVE  
generously.

— Our Mission